



Wonders & Worries

Professional support for children
through a parent's illness.

We will, together.

Explaining COVID-19 to Kids

What is COVID-19?

The coronavirus is a family of germs that can make people sick. Germs in the coronavirus family include the cold and flu. Doctors have medicine to help protect people from catching the flu, but COVID-19 is new. Doctors don't have a medicine yet, but scientists are working very hard at making a medicine to protect people from COVID-19.

How Does COVID-19 Spread?

COVID-19 is very contagious. Contagious means spreading quickly from one person to another person. If someone has COVID-19, they can spread it to another person by sharing food or drinks, coughing near other people, or coughing into their hand then touching different surfaces, like doorknobs, that other people could touch after.

How to Prevent the Spread of COVID-19:

Germs enter the body through the eyes, nose, or mouth. It is very important to regularly wash your hands, to get rid of any germs, especially before touching your face. You might see people on the news or in grocery stores wearing masks or goggles to cover their mouths, noses, and eyes. They are wearing those things to stop germs from entering their body. Some people also wear gloves to protect their hands from picking up germs from different surfaces. **Many people have found creative ways to make masks at home. What materials do you have to make a mask?**

Adjusting to New Rules and Routines:

Because COVID-19 spreads quickly, most people in the whole world have been given a new rule to stay home—

schools, restaurants, playgrounds, and many other places we go to have fun are closed. This can be hard, but this is the best way to keep everybody safe. We can't catch new germs if we stay inside and don't spend time with other people, except those living with us at home. **How has social distancing and staying at home made you feel? Pick 3 feelings you've had so far and share them with your family.**

Coping with Social Distancing and Stay-at-Home Orders:

It might feel frustrating not being able to go to school, see your friends, visit extended family, or go to some of your favorite places. COVID-19 and the stay-at-home rule is no one's fault, and people everywhere in the world are adjusting to these new rules too. This will not last forever, though. When less and less people are sick, and once scientists have made the medicine to help COVID-19 from spreading, we can go back to doing everything we did before. We do not know when this is yet, but everyone is working very hard to make the world safe to go back to our normal activities. Doctors and nurses are helping sick people heal. Scientists are creating a new medicine to protect us from COVID-19. People all over the world are staying home, and washing their hands more often, to stop the spread of COVID-19. Everyone is doing their part! **What are your ideas to make staying home and social distancing more fun? How can you still connect with family and friends? This is a great opportunity to be creative, try new hobbies, and spend extra time with family!**